

High School Youth and College Freshmen Comparison Towards the Psychological Health Status under the Influence of Sleep Hygiene and Quality from a Chinese Second-Tier City Sample during the COVID-19 Pandemic

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Abstract : Introduction: Adolescents experience a critical period of physical and psychological growth. Few studies focus on the influence of sleep hygiene on psychological health from the high school period to freshmen year. Also, the influence of the COVID-19 pandemic has public health significance. Methods: Totally 698 students from high school and college were included in the manuscript, and a cross-sectional procedure was conducted; the objective was to make the epidemiological comparison of the social phobia/depression prevalence and discuss the effects of potential determinants. Results: Psychological problems, including social phobia and depression, are prevalent, especially among high school students, with gender differences. The current results indicated that the association between sleep status and social phobia is most obvious among high school students, while the higher MMR risk was found both for high school social phobia students and college depressive freshmen. Moreover, the interaction between social phobia and depression was also obvious for both populations. Conclusions: Psychological problems, including social phobia and depression, are more prevalent among high school girls when compared with their male and freshmen peers. Important influenced factors for the risk of psychological problems among the two populations were different, but media multitasking status should be paid attention to for both.

Keywords : adolescence, psychological health, epidemiology, social culture

Conference Title : ICPHHMP 2023 : International Conference on Public Health, Health Management and Policy

Conference Location : Madrid, Spain

Conference Dates : March 20-21, 2023